



**The Weight Loss Vegetable Spiralizer Cookbook:
101 Low-Carb Recipes That Turn Vegetables Into
Deliciously Satisfying Meals Using Paderno,
Veggetti, ... Spiralizers! (Spiralizers 101) (Volume
2)**

Tom Anderson

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SPIRALIZERS 101 - The Definitive Guide To Spiralizing

Want to know how to use your new vegetable Spiralizer to make appetizing, low calorie and low carb meals for your family? Then the "Spiralizer 101" series of books is for you! With illustrated instructions, this book will answer all of your questions about spiralizers, such as: • How can I make zucchini pasta, potato lasagna, cauliflower rice, and other pasta and rice replacements from fresh vegetables? • How to use the popular brands of spiralizers (such as the Paderno, Veggetti, iPerfect, Mueller, Brieftons and others)? • What are the different shapes and sizes of spiral cuts I can make? • How to spiral cut vegetables without a spiralizer? • How to choose the right vegetables for spiralizing? • What kind of meals can I make with spiralized veggies? In addition, the book contains 101 time-tested recipes designed to satisfy your hunger for the foods you enjoyed before gluten became a problem. **Who is this book for?** You want to learn how to make zoodles You want to lose weight Compatible with Against the Grain, Wheat Belly, Inspiralized, or other popular books You have a Paderno spiralizer, Veggetti Spiralizer, Mueller Spiralizer, or any other brand of vegetable spiralizer or spiral slicer You love pasta dishes, but want to eat healthy You desire low carb pasta or veggie pasta, such as vegetable spaghetti, spiral pasta, low carb noodles, etc. Paperback version recommended for better use in the kitchen.

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Here's a preview of the 101 delicious Weight Loss recipes inside: **SOUPS:** Asian Pasta with Broth Black Bean & Noodle Soup Curried Leek & Lentil Soup Green Chile, Chicken, Squash Soup Mexican Chicken Noodle Soup Miso Noodle Soup Pumpkin Noodle Soup Rosemary Root Vegetable Soup Shoyu Cabbage Soup Sizzling "Rice" Soup Slow - Cooker Minestrone Thai Chicken Noodle Soup Tunisian Noodle Soup **SIDES:** Baked Potato-Veggie Latkes Baked Zucchini and Potato Pancakes Curried Vegetable Couscous French Peasant Beets Spirals Lemon Chard Pasta Mediterranean Squash Stir-fry Mexican Slaw Perfumed Noodles with Fruit & Nuts Roasted Vegetable Snacks Sesame Noodles Southwestern Spiced Sweet Potato and Beet Spirals with Chili-Cilantro Sour Cream Spicy Slaw Squash Sauté Vegetables with Rosemary Vinaigrette **MAIN DISHES:** Baked Chicken Parmesan with Noodles Baked Eggs with Spiraled Jicama Beef Paprikash with Squash Noodles Beef Pho Cabbage and Apple Sauté Cabbage "Spaghetti" with Turkey Sauce Chicken Curry with Cauliflower "Rice" Curried Chicken with Pasta Drunken Clams with Sausage "Drunken Noodles" with Chicken Ethiopian-Inspired Spicy Chicken Stew Florentine Potato Pasta Casserole Funky Low Fat Chicken With Sesame Noodles Greek Lamb Pasta Greek Lamb with Riced Cauliflower Half Hour Fajitas Light Chicken Veggie Alfredo Pasta & Turkey/Chia Seed Meatballs Pasta Cajun Style Pasta e Fagilo Pasta Puttanesca Pasta with Anchovy Sauce Pasta with Charred Tomato Sauce Pasta with Clams Pesto

Zucchini Pasta with Sausage Pizza Pasta Porcini and Rosemary Crusted Beef Tenderloin with Port Wine Sauce and Potato Linguini Quick and Easy Pasta Arrabiata Quick and Easy Pasta with Lemon & Ricotta Red Wine-Braised Short Ribs with Roasted Turnips Rosemary Pork Ragout with Sweet Potato Pasta Secret Ingredient Beef Stew Slow Cooker Zucchini Pasta With Eggplant Sauce Smoked Salmon Pasta with Lemon & Dill Spicy Shrimp with Vegetable Noodles and Baby Spinach Squash and Zucchini Pasta with Prosciutto, Snap Peas, and Mint Squash Noodles with Tomatoes and Turkey Bacon Sweet Potato Pasta with Asparagus and Turkey Bacon Tomato-Bacon Squash Pasta Turkey Pho Turkey Pie with Spaghetti Crust Turkey Ragu and Potato Pasta Bake Vegetable Mock-Fried "Rice" Veggie Pasta with Turkey Bacon and Swiss Chard Zucchini Pasta Ala Checca Click the BUY button today! NO RISK GUARANTEE!

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